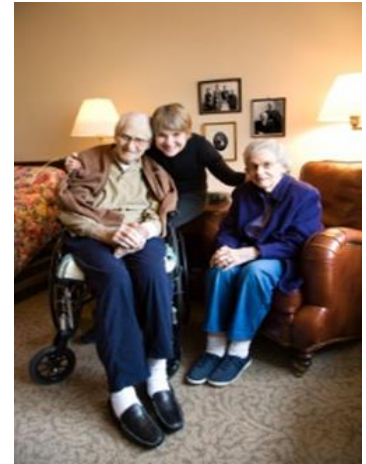


EnhanceWellness

Program Goal: Maintain or increase the health and functional status of community-based older adults with one or more chronic conditions, excluding dementia.

Program Format: A team of two professionals, typically a nurse and social worker, work with the individual. EnhanceWellness happens in three steps. Screen, Plan, and Action:

- An EnhanceWellness screen identifies personal strengths and risks. Together the EnhanceWellness staff and the participant review a detailed health questionnaire.
- The action plan focuses on areas the participant chooses to work on and is also shared with the participant's health care provider.
- The participant then moves into action with the support of a health professional and/or volunteer health mentor, who offer ongoing encouragement, feedback, and monitoring. The team helps with problem solving, health education, and referral to support groups and additional services.



"I received a Certificate of Achievement for the pedometers walking program! My new goal is to walk, to walk and watch the diet with smaller portions."

Program Development: February 1995 to June 1996, researchers conducted a study of EnhanceWellness (formerly the Health Enhancement Program), which followed 201 disabled adults, aged 70 and older, to track improvements in their performance of activities of daily life (ADL). The results, later published in the Journal of the American Geriatrics Society, showed that the program led to improved ADL functioning in those who were disabled.

Program Results: Original study results showed that participants experienced*:

- 72% decrease in hospital days*
- 35% decrease in psychoactive drugs*
- 11% decrease in depression*
- 18% decrease in physical inactivity*

Program Alignment: Aligns with Goal 4: Healthy & Safe Communities, Supported People, Quality of Life 3.2 to "Increase the percentage of long-term service and support clients served in home and community-based settings". Healthcare Authority's Common Measures, #55- Potentially Avoidable Use of Emergency Department, #24 Adult Mental Health Status and #62 Plan All Cause Readmission.

Find out more: www.projectenhance.org/EnhanceWellness.aspx

Key Words: chronic conditions, physical activity, self-management, health promotion